
Subject: Supplementierung Vitamin D

Posted by [Sssnake](#) on Mon, 23 Feb 2009 22:07:55 GMT

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Aus der Virile Mane Diskussion. Blödsinn oder empfehlenswert? Wer supplementiert hochdosiert Vitamin D und hat damit gute Erfahrungen gemacht? Topisch schon wer probiert? <http://anabolicminds.com/forum/recomp-performance-nutrition/94301-virile-mane-hair-42.html>

What would you recommend as the upper limits for vitamin D supplementation? Most of the articles I read suggested 2000iu as the upper limit, but then there was the odd article that stated as high as 10000iu shouldn't pose any problems.

The most recent thinking I've seen is around 4000 to 5000 during winterish months, and 2000-3000 during summer months- but it is highly dependent on how much direct sunlight you get.

I am a strong believer that the vitamin D is a potent contributor.

I am looking into the effectiveness of topical vitamin D as an enhanced formula down the road, but oral vitamin D is extremely cheap and has so many more benefits besides just hair growth, it should be a strong staple anyway - especially in winter.

Subject: Re: Supplementierung Vitamin D

Posted by [pilos](#) on Tue, 24 Feb 2009 16:32:59 GMT

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Sssnake schrieb am Mon, 23 Februar 2009 23:07 Aus der Virile Mane Diskussion. Blödsinn oder empfehlenswert? Wer supplementiert hochdosiert Vitamin D und hat damit gute Erfahrungen gemacht? Topisch schon wer probiert?

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should be a strong staple anyway - especially in winter.

wenn es zu viel ist lagert sich das kalzium nicht nur in den knochen sondern überall im gewebe und blutgefäße...weniger ist mehr...sprich unter den vitaminen hochdosiert ist das vit d das schädlichste überhaupt....alle anderen hochdosiert kann der körper gut managen...nicht aber vit d

Subject: Re: Supplementierung Vitamin D
Posted by [Homers](#) on Tue, 24 Feb 2009 23:06:21 GMT
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http://www.alopezie.de/fud/index.php/m/149691/?srch=vitamin+ d#page_top

Subject: Re: Supplementierung Vitamin D
Posted by [pippo24](#) on Wed, 25 Feb 2009 09:34:19 GMT
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naja ich denke so 1000IU sind im winter schon ok.